



Chunky Tomato-Fruit Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



93 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound cantaloupe diced finely
- ☐ 1 cup cucumber diced peeled seeded finely (1 medium)
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.8 pound wedges honeydew melon diced finely
- ☐ 1 jalapeno seeded finely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup mangos diced finely (1 medium)

- ☐ 1 cup nectarines diced finely (3 medium)
- ☐ 1 cup orange juice fresh (4 oranges)
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.8 pound tomatoes finely chopped
- ☐ 0.5 cup vidalia sweet finely chopped

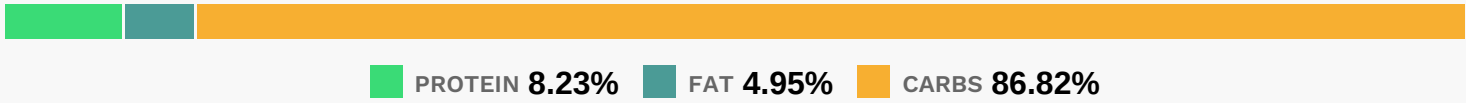
Equipment

- ☐ bowl

Directions

- ☐ Combine first 14 ingredients in a large bowl. Cover and chill at least 2 hours.
- ☐ Sprinkle cheese on top just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:62.76, Glycemic Load:7.57, Inflammation Score:-9, Nutrition Score:10.926956425542%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 92.65kcal (4.63%), Fat: 0.56g (0.86%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 19.52g (7.1%), Sugar: 18.52g (20.58%), Cholesterol: 0mg (0%), Sodium: 197.23mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 54.44mg (65.99%), Vitamin A: 2638.46IU (52.77%), Potassium: 505.29mg (14.44%), Folate: 55.46µg (13.86%), Vitamin K: 13.32µg (12.69%), Fiber: 2.61g (10.45%), Vitamin B6: 0.19mg (9.42%), Manganese: 0.18mg (9%), Copper: 0.17mg (8.63%), Vitamin B1: 0.12mg (8.04%), Magnesium: 30.88mg (7.72%), Vitamin B3: 1.46mg (7.28%), Phosphorus: 50.06mg (5.01%), Vitamin E: 0.74mg (4.96%), Iron: 0.79mg (4.38%), Vitamin B2: 0.07mg (4.07%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.51mg (3.38%), Calcium: 31.45mg (3.15%), Selenium: 1.44µg (2.06%)